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Who is Rami Abdurrahman?

His stats on killings and clashes in Syria are the most reported in the media, but should news outlets be taking his word for it?

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Greenpeace call for change

Will train disasters be the 'new normal'?

Train disasters such as Saturday's derailment will become the "new normal" unless Ottawa tightens safety rules for shipping dangerous goods by rail, Greenpeace Canada said.

A CN train carrying crude oil and gas went off the tracks overnight in a hamlet west of Edmonton, sparking a massive fire that reportedly triggered two explosions. It's the third major derailment in the province in recent months, at a time when rail safety is increasingly under scrutiny.

Greenpeace said given the industry's outdated safety standards, it's only a matter of time until disaster strikes again. Keith Stewart, the organization's climate and energy campaign co-ordinator, said the federal government has taken some steps since July's derailment in Lac-Megantic, Que., but not enough to mitigate the risks.

He wants Ottawa to launch a comprehensive review of the safety regulations for transporting oil.

"Unless they're actually willing to bring in serious new safety measures for oil by rail, this will become the new normal," he said Saturday in a phone interview.

Mark Hallman, CN spokesman, dismissed the concerns.

"The situation here is that the crude oil tank cars are intact and there are no indications of any leaks."

The rail cars that caught fire were carrying liquefied petroleum gas.

THE CANADIAN PRESS



Evacuation order yet to be lifted after derailment

Gainford. About 100 residents may be displaced for another two days, officials say

County officials west of Edmonton said residents of a village who were forced from their homes after a train wreck and fire were expected to be out of their homes for up to two more days.

Parkland County issued a news release on Sunday stating that its mandatory evacuation order for about 100 people in Gainford remains in effect.

Thirteen cars on a CN freight train carrying a cargo of oil and liquefied petroleum gas went off the rails near the tiny hamlet, about 80 kilometres west of Edmonton, early Saturday.

There were two explosions reported and the community was evacuated as a precaution.

County spokeswoman Jackie Ostashek says some people were allowed to visit their properties late Saturday to care for animals. Firefighters pulled back from the wreck and were waiting for fuel that has been escaping from some of the wrecked cars to burn itself out.

Three of the rail cars were carrying liquefied petroleum gas and caught fire, CN has said, while four freight cars that were carrying crude didn't break open.

The railway said in a news release Sunday that CN crews worked overnight to move the four cars carrying crude oil a safe distance from the cars laden with liquefied petroleum gas.

The release also said one of the cars that was on fire had burned itself out.

Saturday's mishap occurred two days after residents in the Alberta community of Sexsmith were forced from their homes when four CN rail cars carrying anhydrous ammonia left the rails.

That followed the derailment of 17 CN rail cars, some carrying petroleum, ethanol and chemicals, in western Saskatchewan on Sept. 25.

There were no injuries in any of the derailments.

THE CANADIAN PRESS



metronews.ca Monday, October 21, 2013



Ballot boxes await: Election day is here

Time to vote.Polls are open from 9 a.m. to 8 p.m.



RYAN TUMILTY ryan.tumilty@metronews.ca

It is all over but the voting.

A months-long campaign for the mayor's chair, 12 council seats and a host of school board trusteeships comes to an end today. Alayne Sinclair, the city's returning officer, expects at least 200,000 votes to be cast Monday.

She said the city is ready.
"We are proud to say that
the vote is secure and we are
ready to count every single
vote that comes in," she said.

She also underlined that new provincial rules mean voters must have a piece of identification that has both their name and address, such as a driver's licence.

Utility bills and other of-

Get out and vote

- Polls will be open starting at 9 a.m. Monday and will stay open until 8 p.m.
- Candidates elected Monday will serve four-year terms, up from the usual three-year terms.
- The city saw a 15 per cent increase in advanced voting compared to the 2010 election.
 Overall voter turnout in that election was 33 per cent.
- Metro will be covering all of the races and will have continuous updates at metronews.ca.

ficial documents can also be used, but passports and health cards that do not contain addresses cannot. Candidates made their final push through the weekend. Mayoral hopeful Karen Leibovici visited all 12 wards over the weekend and said she is confident the result will turn her way.

"We spent a lot of time meeting people for the last four months and I believe now is the time to see what the decision will be," she said.

Opponent Kerry Diotte said he believes people are ready for his brand of leadership at city hall. "I think they are ready for

"I think they are ready for a change; they certainly like the platform of more fiscal accountability," he said.

Perceived front-runner Don Iveson isn't taking anything for granted and said his team will be working to get its support to the polls Monday

day. "Unless everyone shows up and votes, something surprising could happen," he said

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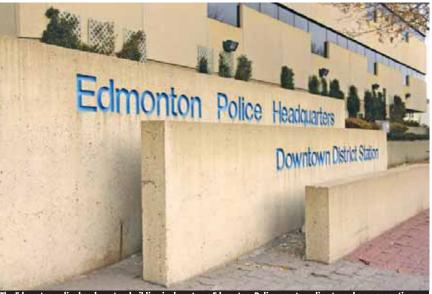
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The Edmonton police headquarters building in downtown Edmonton. Police are struggling to make response tin targets in Edmonton. RYAN TUMILTY/METRO

Emergency response times for cops rising

Missed targets.

Police travelling longer between calls as city grows: Supt.



TUMILTY an.tumiltv@metronews.ca

City police officers are finding it more and more difficult to get to emergency calls quickly, as sprawling communities, increased call volumes and other demands strain their time.

For fitness instructor Cheryl Schneider, the issue of response times became all too real this summer, when she waited for more than an hour to get police at one of her

For the lowest-priority calls, like items stolen from a car overnight, the police have a target response of 180 minutes, which they hit 76 per cent of the time.

classes.

She was teaching an earlymorning fitness class when two intoxicated men wandered in. After they were asked to leave, they stood outside banging on the door.

She phoned 911, but the response was very slow.

"Within an hour I had phoned four more times," she said. "They told me they were coming. They told us we were

a priority call and they didn't come for an hour and nine minutes."

Edmonton police Supt. Kevin Galvin says officers have been struggling to meet their targets as the city grows.

Currently officers get to high-priority calls within seven minutes 71 per cent of the time, well short of the 80 per cent target, which they exceeded in 2010.

Galvin said one of the challenges is the sheer size of the

"Because of the development in the outer area, our officers are travelling longer between calls," he said.

Galvin said officers are also taking longer with individual calls to comply with the demands of the justice system.

al contenders weigh in on response times



"You need someone with experience. I have been on

the police commission twice. I know the work that they do."

Karen Leibovici



"People come to city council looking for reassurance that

everything is being done to make the city as safe as possible."

Don Iveson



"We have to deliver a core service like that and get

those response times down.... The police are well-funded. above any other department."

Kerry Diotte



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Women's studies.

Province says no to new U of A masters program

The province has turned down an attempt to start a new masters program in women and gender studies at the University of Alberta.

Lise Gotell, chair of the undergraduate department, said they hope to change the province's mind.

"We have award-winning researchers with national and international reputations," she said. "We would be able to offer a very competitive graduate program."

Brent Epperson, president of the Graduate Student's Association said they believed the program would be a lock.

This took me by surprise

when we heard about it, because we know that is such a strong undergraduate program," he said.

Epperson said the province is citing duplication and graduate employment, which he finds concerning.

"It's the first time to my knowledge that the ministry has looked at employability as a reason not to accept a proposal," he said.

Épperson said he believes the graduates would be very employable, but beyond that the province can't take a narrow career-focused approach to post-secondary.

RYAN TUMILTY/METRO

One in custody

Man suffers wound to leg after gunshots fired on Whyte

One man is in custody and another is in hospital after an early-morning shooting near Whyte Avenue on Sunday.

Police were called just before 2 a.m. and found a young man with a gunshot wound in his leg in the alley just south of Whyte, between 105 and 106 Street.

Charges are pending against a suspect in the case, and anyone with information is asked to contact police. METRO

Mayoral race

Iveson, Leibovici reveal campaign donation totals

On the last day before votes were cast, mayoral contender Don Iveson announced he had raised over \$600,000 for his campaign.

Iveson suspended donations on 3 p.m. Sunday, at which point he had received 962 donations totalling \$612,594.97.

Karen Leibovici issued an update on Oct. 10 and had \$550,000. Kerry Diotte has said he is sticking to the legislation, which only requires disclosure after the vote. METRO



A research journey through Edmonton's pedway system

Walk this way.

U of A student Mike Vivian explores the pedestrian walkways and their purpose in city's climate

One University of Alberta student is on the right track: the pedway type.

As part of a grant-funded research project, Mike Vivian examined Edmonton's pedway system, looking at the above-ground pedestrian walkways and their purpose in Edmonton's climate.

Titled "+15 at -30: Understanding the Past, Present and Future of Edmonton's Downtown Pedway System," the research paper includes interviews from individuals who are invested in the downtown area, but also includes pedways' purpose in daily life, stating they are useful in any downtown.

"Pedways have always interested me. Downtowns are one of the most important part of any city," said Vivian. Vivian examined the relationship between pedestrians and the weather, and how pedways provide an alternative to walking out in the cold.

A strong supporter of pedways, Vivian didn't want to state his own opinion in the paper, but did provide some historical background into pedways and the ongoing debate on the usefulness of pedways in vibrant cities.

"Once we get more people living downtown, pedways are going to be put on the back burner and they won't

Taking notice

Vivian is in the process of concluding his research paper, something that has attracted the attention of the Edmonton Chamber of Commerce. Commerce officials have confirmed they want to present his research in a subcommittee at a later date.

be so much a bone of contention as they are right now." STEPHANIE DUBOIS/METRO

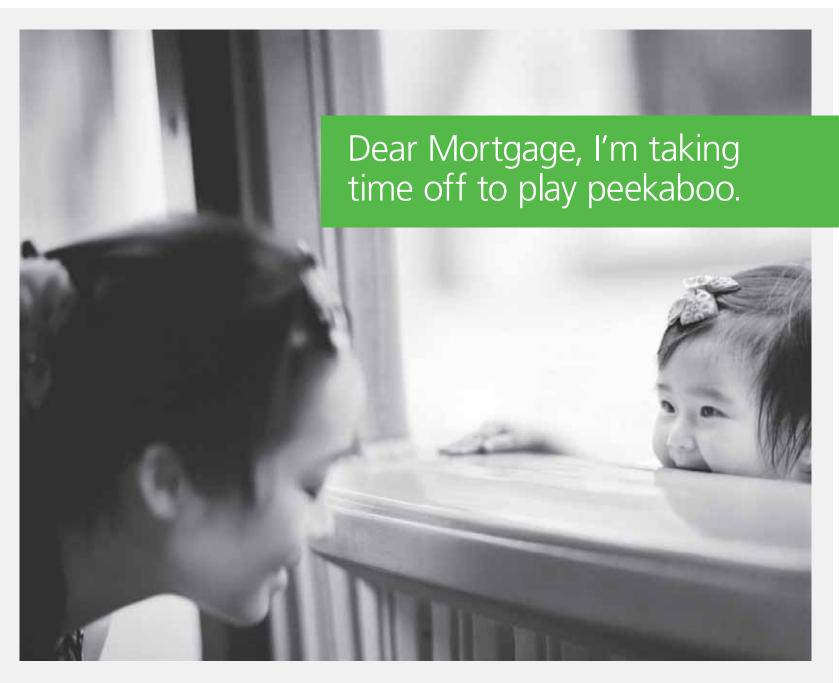


There are NEW Voter ID requirements for the municipal elections.

Upcoming municipal elections on October 21 across Alberta offer a chance to vote for the future of your community. New Voter ID requirements mean you'll need to bring proper identification to be able to vote. Check with your municipality about local requirements.

Albertan Government

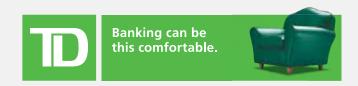
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Publication ban on teenage killer's identity in dispute

B.C. 18-year-old was sentenced as an adult in the beating death of a 15-year-old girl



Lawyers in the case of a B.C. teenager sentenced last week in the 2010 beating death of a 15-year-old jogger will be back in court to argue over whether a publication ban on his identity should be lifted.

Despite being sentenced as an adult and given the maximum sentence of life in prison, with no eligibility for parole for seven years, an interim publication ban prevents Laura Szendrei's killer, who was just days shy of his 18th birthday at the time of the murder, from being



identified.

His defence had asked Jus-

tice Robin Baird for a youth sentence that carried a max-

imum sentence of seven years, but Baird gave little considera-

tion for what he believed would have been an insufficient pun-

ishment.

"Given my assessment of the totality of this evidence, the accused is an untreated, sexually motivated murderer.... He represents a high-risk to reoffend," said Baird.

The offender pleaded guilty to second-degree murder.

The judge said the offender went to Mackie Park in Delta, B.C., that day with the intention of committing rape, having been involved in escalating incidents against female joggers in the months prior.

The offender lured Szendrei into a wooded area of the park and tried to put a cable tie around her neck. When she tried to escape, he beat her repeatedly in the head with a metal pipe.

She died from massive brain injuries in hospital.

Lawyers will go back to court to argue over the publication ban in January.

New Brunswick

Shale-gas project opponents gather at First Nation

Hundreds gathered at a community hall in New Brunswick Sunday to discuss their opposition of the development of a shale-gas sector in

the province as they garnered support from Manitoba.

Chief Arren Sock said the meeting at Elsipogtog First Nation was a chance for people in his community to tell their stories. Chief Derek Nepinak said the assembly chiefs in Manitoba sent him to New Brunswick to stand in solidarity with the protesters. THE CANDIAN PRESS

Saskatoon

Hunters accidentally burned by police pepper spray

Saskatoon police are reviewing their training procedures with a type of pepper spray after several hunters were injured by the noxious gas during an exercise for officers outside the city.

The accident occurred Thursday when up to 10 civilians came into contact with OC Spray — causing what one described as "horrible burning" — at a firing range. A witness blamed a shift in wind direction for pushing the spray toward the hunters.

METRO IN SASKATOON

Politics

Four ridings up for grabs in November byelections

The battle for opposition supremacy is on after Prime Minister Stephen Harper set Nov. 25 as the date for four federal byelections.

Harper called the byelections on Sunday for Toronto Centre, the Montreal riding of Bourassa and the Manitoba ridings of Provencher and Brandon-Souris.

Toronto Centre and Bourassa are longtime Liberal strongholds, but the NDP is making a concerted effort to snatch the two ridings away. THE CANADIAN PRESS







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385 killed in October

Violence on the rise in Iraq

A suicide bomber slammed his explosive-laden car Sunday night into a busy café in Iraq's capital, part of a day of violence across the country that killed 45 people, authorities said. The bombing at the café in Baghdad's primarily Shiite Amil neighbourhood happened as it was full of customers. The café and a nearby juice shop is a favourite hang out for young people, who filled the area at the time of the explosions.

The blast killed 35 people and wounded 45, Iraqi officials said.

Violence has been on the rise in Iraq following a crackdown by security forces on a Sunni protest camp in the town of Hawijah in April. THE ASSOCIATED PRESS

Morsi supporters

Tensions flare up again in Egypt

Egyptian anti-riot police fired tear gas Sunday at hundreds of supporters of the country's ousted Islamist president, besieging them inside a prestigious Muslim institution after stone-hurling protesters cut off a main road.

Sunday's clashes marked the second day of unrest at

Al-Azhar University, Sunni Islam's most prominent centre of learning.

Many supporters of ousted president Mohammed Morsi's Muslim Brotherhood are students at Al-Azhar, a stronghold of the group. The campus is also near where Islamists had a sprawling protest camp that security forces raided in August, leaving hundreds dead.

THE ASSOCIATED PRESS

Source on Syrian war data biased: Opponents

Controversial. Rami Abdurrahman sees competing allegations of bias as evidence that he's fair

He's practically a one-man band, but Rami Abdurrahman's influence extends far beyond his small home in Coventry, England.

The 42-year-old operates the Syrian Observatory for Human Rights from his house and a review of recent media coverage suggests its tally of killings and clashes is the most frequently cited source for news organizations.

Abdurrahman says the Observatory relies on four unnamed activists in Syria and a Fishy?

Suspicion surrounds selfexiled Syrian Rami Abdurrahman. Who's behind him? Who is he? Should world media rely on his reporting?

 "Something is going on which is quite fishy," said As'ad AbuKhalil, professor, California State.

network of monitors.

But some say his figures need scrutiny. Opponents say he is in cahoots with opposition forces bankrolled by Gulf Arab states, skewing casualty figures to keep the spotlight off rebel atrocities. Others say he's in league with the Syrian regime.

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and clashes in the Syrian war. RAPHAEL SATTER/THE ASSOCIATED PRESS



Greek police seek ID of abducted girl

Greece. A couple appears in court Monday charged with abducting a little girl found in a Roma camp

Roma people stroll about prefabricated homes in their camp, many of them smiling and seemingly carefree. But there is worry and resent-

Their community is at the centre of a child abduction case, with a Roma couple accused of abducting a blond, blue-eyed girl who is thought to be about four years old.

The Roma, a poor people in Greece, a country devastated by an economic crisis, try to make a living in the camp on the outskirts of the town of Farsala by selling fruit, carpets, blankets, baskets and shoes at local

markets. They say they are already considered by some to be social outcasts, thieves and beggars.

Now, they fear they will be stigmatized as child traffickers.

The president of the local Roma community, Babis Dimitriou, hopes there is no backlash against the 2,000 Roma living in the commun-

The case "doesn't reflect on all of us," he said on Sun-

A 40-year-old woman and 39-year-old man have been charged with abducting a minor after police raided the

Regional police chief Lt. Gen. Vassilis Halatsis said authorities have found "dozens" of child trafficking cases involving Bulgarian Roma people in Greece.

Many Roma are wary of media attention.

THE ASSOCIATED PRESS



four-year-old girl, found living in a camp with Roma people HANDOUT FROM GREEK POLICE/THE ASSOCIATED PRESS

'Unusual case'

Authorities looking at possibility of child trafficking

"We are dealing with a very unusual case. Usually, parents report a child's

disappearance and we look for the children. In this case, we have the child and we are looking for its (her) parents," said Regional police chief Lt. Gen. Vassilis Halatsis.

"So far, we have had calls from France, Poland, even the United States. We are looking at each case, to see if the ages match, and if there are similar features.

DNA testing will follow."

The couple accused of abducting the girl had used multiple identities to register 14 children in three different cities, of whom only four have been identified, Halatsis said. An examination of the birthdates of the children shows that the woman, at one point, was giving birth every four months, he said. Overall, the couple received 2,500 euros (\$3,420) per month in state assistance

"At this point, we can't say there is a child trafficking network involved, but we are looking at this possibility," the police chief said.

He added that there have been documented cases of Greek childless couples buying children for about \$20,500. THE ASSOCIATED PRESS

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Opponents of gay march clash with Montenegro police

Pride marches. Test of country's commitment to human rights as it seeks to join the European Union

Police in Montenegro fired tear gas to repel anti-gay extremists who threw rocks and firebombs at officers protecting a gay pride march Sunday, officials said. About 60 people were injured.

The violence occurred when the attackers tried to push through hundreds of police to reach those taking part in the march in Podgorica, the capital of the staunchly conservative Balkan country. After the march, the gay rights demonstrators were evacuated to a safe location in police vehicles.

Police said about 20 of the injured during the clashes were officers, and the re-

maining 40 were from "hooligan groups." About 60 of around 1,500 extremists who took part in the riots were arrested, police said.

March organizer Danijel Kalezic said the police protection allowed about 150 gay activists to walk peacefully through the city. "As of today, gay people are no longer invisible in Montenegro," Kalezic said. "From today, these streets are ours as well."

THE ASSOCIATED PRESS

Shutdown kills fanfare for new U.S. destroyer

After embarrassing troubles with its latest class of surface warships, the U.S. navy is hoping for a winner from a new destroyer that's ready to go into the water.

So far, construction of the first-in-class Zumwalt, the largest U.S. navy destroyer ever built, is on time and on budget, something that's a rarity in new defence programs, officials said. And the navy believes the ship's big gun, stealthy silhouette and advance features will make it a formidable package.

The christening of the ship bearing the name of the late Adm. Elmo "Bud" Zumwalt was cancelled a week ago because of the federal government shutdown. Without fanfare, the big ship will be moved to dry dock and floated in the coming days.

Meanwhile, the public christening ceremony featuring Zumwalt's two daughters will be rescheduled for the



destroyer ever built, seen at Bath

BERT F. BUKATY/THE ASSOCIATED PRES

Iron Works in Maine on Oct. 8.

spring.

Adm. Zumwalt served in destroyers during World War II and was awarded a Bronze Star for valour at the Battle of Leyte Gulf. As the nation's youngest chief of naval operations, appointed at age 49 by then-president Richard Nixon, he fought to end racial discrimination and allowed women to serve on ships for the first time.

French politics

Now far-right party feels affronted

France's far-right party is filing a complaint against Justice Minister Christine Taubira, who called the National Front's ideas "murderous" after Anne-Sophie Leclere, a municipal election candidate, compared her to a monkey. THE ASSOCIATED PRESS

Innovative ship

- The ship is 30 metres longer than the existing class of destroyers.
- It features new gun that fires rocket-propelled warheads as far as 160 kilometres.
- Unlike warships with towering radar- and antenna-laden superstructures, it will ride low, making it stealthier than other warships.
- The power plant can produce enough electricity to power 78,000 homes — making it a potential platform for futuristic weapons like the electromagnetic rail gun to fire a projectile at seven times the speed of

Bootleg booze

Indian toxic liquor death toll now 42

Another 10 people have died in hospitals after drinking toxic bootleg liquor in Uttar Pradesh state in northern India, police said Sunday, raising the death toll to 42 in the past three days.

Police have arrested 32 people. THE ASSOCIATED PRESS

Laos plane crash

Signals picked up from black box

Investigators in Laos said they picked up underwater signals Sunday from the black box of a passenger plane that crashed into the Mekong River last week, but that strong currents were thwarting attempts to find it.

THE ASSOCIATED PRESS



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Investigators probe transit worker deaths

Oakland, Calif. Team will examine accident in which 2 people were hit by commuter train

Federal accident investigators were in the San Francisco Bay Area on Sunday to examine the deaths of two transit workers who were struck by an out-ofservice commuter train performing routine maintenance.

Saturday's accident on Bay Area Rapid Transit tracks in the East Bay city of Walnut Creek took place against the backdrop of a contentious and disruptive labour strike.

Two National Transportation Safety Board investigators were at the site of the accident on Sunday, NTSB spokesman Eric Weiss said. The two-man team will look at everything leading up to the collision, from safety procedures and qualifications of personnel to the track's condition.

The four-car BART train with several people aboard was being run in automatic mode under computer control at the time of the accident, Assistant General Manager Paul Oversier said.

The system has been shut

down since Friday because of a work stoppage by the system's two largest unions.

The train was returning from a yard where workers cleaned graffiti from unused cars when it slammed into the two workers — one a BART employee and the other a contractor — who were inspecting an above-ground stretch of track between stations, Oversier said.

Fair warning?

- Officials from the unions representing BART's train operators and some of the system's other workers have warned of the danger that could come with allowing managers to operate trains as BART had planned to do in case of a strike.
- At a news conference Saturday, BART Assistant General Manager Paul Oversier would not say whether a manager had been at the controls. In an earlier statement, BART said only that the person was an experienced operator.

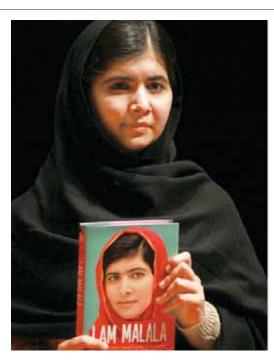
California. High-speed rail kicks up controversy

Trucks loaded with tomatoes, milk and almonds clog the two main highways that bisect California's farm heartland, carrying goods to millions along the Pacific Coast and beyond.

This dusty stretch of land is the starting point for one of the most expensive U.S. public infrastructure projects: a \$68-billion US high-speed rail system that would span the state, linking the people of America's salad bowl to more jobs, opportunity and buyers.

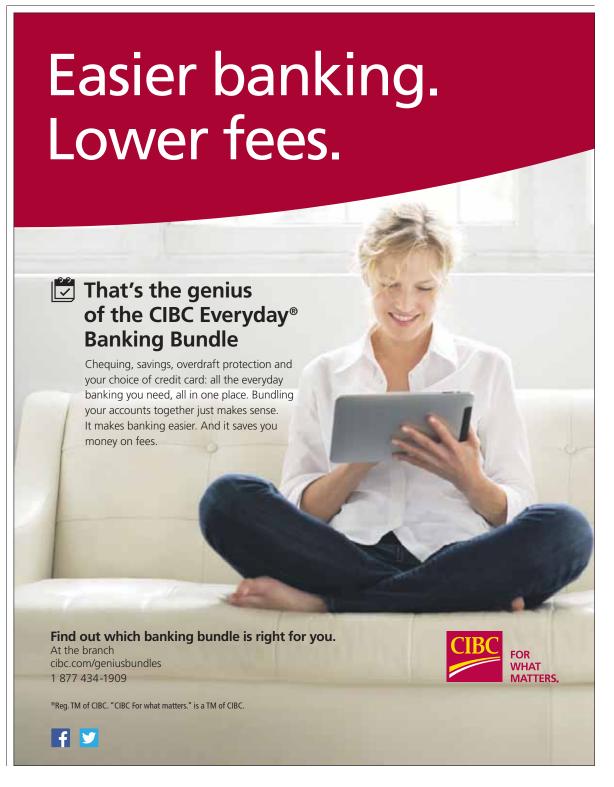
Five years ago, California voters overwhelmingly approved the idea of bringing a bullet train to the most populous U.S. state. It would be America's first high-speed rail system, sold to the public as a way to improve access to good-paying jobs, cut pollution from smog-filled roadways and reduce time wasted sitting in traffic.

Now, engineering work has finally begun on the first 48-kilometre segment of track in Fresno, Calif., a city of a half-million people with soaring unemployment and a withering downtown core. But the region that could benefit most from the project is also where opposition to it has grown most fierce. THE ASSOCIATED PRESS



Shot by the Taliban, but lives to tell her tale

Malala Yousafzai poses during a photocall at the Queen Elizabeth Hall in London on Sunday to launch her memoir, I am Malala. The Pakistani schoolgirl, who was shot in the head by a Taliban gunman for advocating education for girls in her country, has been recovering in Britain. GARETH FULLER/PA/THE ASSOCIATED PRESS



metronews.ca Monday, October 21, 2013 metr⊕ **NEWS**

Censorship. Cubans using creative ways to access and spread info online

A dissident Cuban blogger says most people there remain cut off from the Internet but are still using creative ways to access and spread information online.

Yoani Sanchez gave a largely grim report of the state of the press in Cuba at a meeting of the Inter American Press Association in Denver on Sunday.

She said Raul Castro's regime has been aggressive in arresting and beating people who speak out against the government.

While Internet opened this year, she said the cost of using the slow and censored service for just an hour costs average Cubans a third of their monthly salary.

people are sharing information on thumb drives and can use their cellphones to text and post messages to Twitter. THE ASSOCIATED PRESS

Humour prize

Burnett is the funniest of them all

On Sunday, trailblazing comedienne Carol Burnett received America's top humour prize at the Kennedy Center for the Performing

Top entertainers including Julie Andrews, Tony Bennett, Tina Fey and Amy

Despite that, she said

Poehler paid tribute to Burnett as she received the Mark Twain Prize for American Humor.

Burnett said it's a thrill to receive the award and that she's in good company with past honorees, who include Fey, Bill Cosby and Steve Martin.

The show was taped and will air Nov. 24 on PBS stations.

THE ASSOCIATED PRESS

TV not everyone will get — 'and that's sort of the point'

Fusion in the U.S.

ABC and Univision team up to target millennial Hispanics

The long-awaited DNA exchange between ABC and Univision emerges from the test tube this month, aiming to stretch the limits of traditional network programming.

The English-language television network, called Fusion, will target millennial Hispanics as it attempts to capitalize on a generation for which cultural fusion is the norm

Breaking new ground

"Nobody's doing what we are doing, so there's one way to find out what works and what doesn't." Fusion CEO Isaac Lee



and digital media is king.

The network will provide something of a grab bag: a mix of hard news, commentary, sports and irreverence aimed at 16- to 30-year-olds.

There will be nightly news programs, but also an animated puppet news and an entertainment show by David Javerbaum, former head writer of

The Daily Show with Jon Stewart. Think Comedy Central, the hipster online magazine Vice.com, ABC and Univision.

'Not everyone will get it; and that's sort of the point,' Univision News President and now Fusion CEO Isaac Lee wrote in a memo to staff earlier this month.

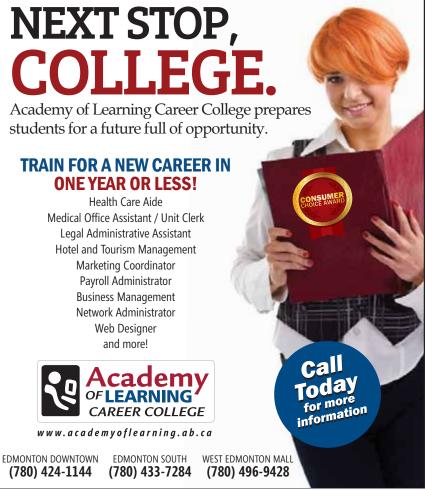
ABC News President Ben

Sherwood compares Fusion to the highways California built in the 1950s.

"No one could understand why you would build a freeway with six lanes. But the visionaries of California knew that if you built these freeways, people would come," he

THE ASSOCIATED PRESS





NEWS

Possible looting by Kenyan security revealed

Captured on tape.

Video reviewed from day of deadly Westgate Mall attack shows what seems like stealing by armed forces

Men in fatigues walked out of a store in Nairobi's Westgate

Mall like ordinary shoppers, holding plastic bags heavy with unknown items after Islamic extremists staged an attack. Others looked behind counters as they descended into the shopping centre to fight the militants, and lifted items

In security camera video seen by The Associated Press on Sunday, some members of Kenya's armed forces appeared to loot a store during the fourday siege of what used to be Nairobi's most upscale mall. At least 67 people were killed in the attack.

Kenya's security forces have previously denied any wrong-

Soon after the attack began on Sept. 21, Kenyan officials put a security cordon around the mall, allowing only se-curity forces and a few gov-

Many questions, including what caused a part of the mall to collapse, remain unanswered nearly a month after the attack.

ernment personnel to pass through. When the attack was over, some who owned shops inside the mall complained of

Mobile phones were ripped from displays, cash registers emptied, and even alcohol stocks plundered, according to AP reporters at the scene after the siege ended.

Public servants in Kenya, including police, firefighters and soldiers, are poorly paid and frequently accused of cor-

ruption.

An investigation into a huge fire at Nairobi's airport in August revealed that first responders had looted electronics, a bank and an ATM during and after the blaze.

In the case of the Westgate attack, a team of Kenyan law-makers that investigated the looting allegations cleared soldiers of any wrongdoing.

THE ASSOCIATED PRESS



Lashing out in anger

A Bahraini youth throws a petrol bomb toward riot police during clashes after the politically charged funeral for Hussain Mahdi Habib, 20, in Sitra, Bahrain, on Sunday. Habib, who was wanted by authorities r escaping from prison, received a 15-year sentence in absentia for his participation in the pro-democracy uprising, and was found beaten and shot dead on Saturday. HASAN JAMALI/THE ASSOCIATED PRESS

Inbox intrusion

Snowden files say Calderon's email infiltrated by U.S.

A report citing documents from National Security Agency leaker Edward Snowden says the U.S. gained access to the email system of former Mexican president Felipe Calderon.

The German news magazine Der Spiegel cited the Snowden documents in a story posted

Sunday. Der Spiegel says the

documents describe an operation dubbed "Flat liquid" that claim to have accessed Mexico's "presidencia" domain, which was also purportedly used by members of Calderon's Cabinet.

Harvard's Kennedy School of Government. where Calderon is now fellow, did not respond to emails requesting comment. Earlier, a document dated June 2012 indicated the NŠA had read current Mexican president Enrique Pena Nieto's emails before he was elected.

THE ASSOCIATED PRESS

HAFIS DEVJI

FOR WARD 10 COUNCILLOR

A PASSIONATE AND STRONG LEADER!

Hafis Devji is an entrepreneur and community builder who has been building bridges between cultures, people and companies for over 25 years. His experiences have given him the opportunity to grow into a strong, respected leader. According to Devji, the main mark of a good leader is a genuine desire to address and solve people's problems. "In my life - as a father, a husband, and a businessman – I find I am always dealing with challenging situations and solving problems," says Devji. "The most satisfying feeling is when you are able to help people, and have managed to find a solution to their problems." Devji has been a supporter of local communities and charities. Recently Hafis Devji funded a charitable student hot lunch program for children that have limited access to resources.

Devji has spent the last 25 years in various business ventures with his family, and has cultivated many useful skills, such as effective negotiation, creative thinking, and navigating challenging conversations. These experiences have poised him to lead Ward 10 and join Edmonton City Council to help manage issues that are presented as major concerns to the local leadership.

"Throughout this campaign, my team and I have spoken with over 10,000 residents, and regardless of which issue means the most to them, the one thing they are looking for is to be heard and to be represented. I want to represent them and find solutions to the problems that are worrying them - ways to fix our drainage system, fix roadways and sidewalks, make our communities safer, and develop solutions that protect our aging population."

"Leadership is earned. It is a privilege. And it would be my privilege to work with the residents of Ward 10 to help make Edmonton an even greater place than it already is."

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metr⊕ **NEWS** metronews.ca Monday, October 21, 2013



Wind, heat not helping as Aussies battle wildfires

Flames. Fires have been extraordinarily intense and early in an annual fire season that peaks during the southern hemisphere summer

Firefighters battling some of the most destructive wildfires to ever strike Australia's most populous state were focus-ing on a major blaze Sunday near the town of Lithgow that stretched along a 300-kilometre front.

Authorities warned that high temperatures and winds were likely to maintain heightened fire danger for days in New South Wales state. The fires have killed one

man, destroyed 208 homes and damaged another 122 since Thursday, the Rural Fire Service said.

Firefighters have taken advantage of milder conditions in recent days to reduce the number of fires threatening towns around Sydney from more than 100 on Thursday night to 61 on Sunday, Rural Fire Service spokesman Matt Sun said. Fifteen of these fires con-

rinteen of these fires con-tinued to burn out of control, including the blaze near Lith-gow, west of Sydney, which was given the highest danger ranking by the fire service. Authorities expect that blaze will continue to burn for days and have advised several nearby communities to consider evacuating ahead of worsening weather conditions. THE ASSOCIATED PRESS

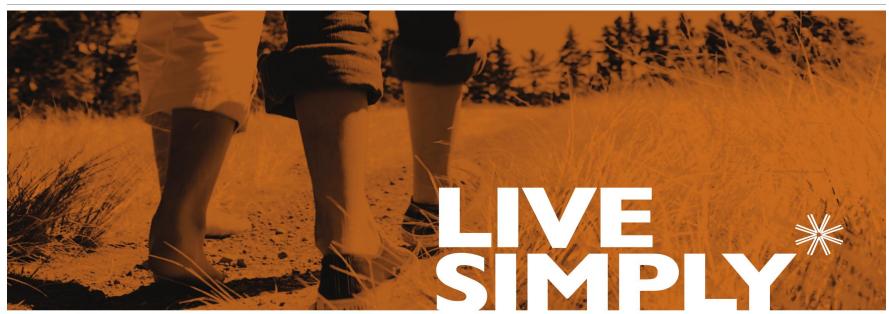
Lithgow, Australia

Military to blame for the blaze?

The Australian Defence Department said it was investigating whether there was any link between the Lithgow fire, which started Wednesday, and military exercises using explosives at a nearby training range on the same day.

"Defence is investigat-ing if the two events are linked," the department said in a statement on

THE ASSOCIATED PRESS



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metronews.ca Monday, October 21, 2013

Argentina's agro-boom — is it poisoning its people?

Agrochemicals.

Pesticides may be the cause of health problems — from cancer to birth defects — in the country's vast farm belt

Argentine farm worker Fabian Tomasi wasn't trained to use protection as he pumped pesticides into crop dusters. Now, at 47, he's a living skeleton.

Schoolteacher Andrea Druetta lives in a town where it's illegal to spray agrochemicals within 500 metres of homes, yet soy is planted just 30 metres from her back door. Recently, her boys were showered in chemicals while swimming in their backyard pool.

Sofia Gatica's search for answers after losing her newborn to kidney failure led to Argentina's first criminal convictions for illegal spraying last year. But 80 per cent of her neighbours' children surveyed carry pesticides in their blood.

American biotechnology has turned Argentina into the world's third-largest soy producer, but the chemicals powering the boom aren't confined to soy, cotton and corn fields. The Associated Press documented dozens of cases where these poisons are used in ways specifically banned by existing law.

Now doctors are warning that uncontrolled pesticide use could be the cause of growing health problems among the 12 million people who live in Argentina's vast farm belt.

"The change in how agriculture is produced has brought, frankly, a change in the profile of diseases," says Dr. Medardo Avila Vazquez. "We've gone from a pretty healthy population to one with a high rate of cancer, birth defects and illnesses seldom seen before."

Once known for its grass-fed beef, Argentina has undergone a transformation since 1996, when the U.S.-based Monsanto Company marketed a new model of higher crop yields and fewer pesticides through its patented seeds and chemicals.

In response to soaring complaints, President Cristina Fernandez ordered a commission in 2009 to study the impact of agrochemical spraying on health. Its initial report called for "systematic controls over concentrations of herbicides and their compounds."

Hospital records show birth defects quadrupled in the province of Chaco in the decade after genetically modified crops were approved. A medical team then surveyed 2,051 people in six towns, finding more disease wherever people are surrounded by farms.

In the farming village of Avia Terai, 31 per cent said a family member had cancer, compared with three per cent in the ranching village of Charadai. They also documented children with malformed skulls, exposed spinal cords and strange skin problems.

It may be impossible to prove a specific chemical caused an individual's illness. But doctors are calling for broader, longer-term and more independent research, saying governments should make the industry prove that the accumulated agricultural burden isn't making people sick.

THE ASSOCIATED PRESS





ALL PHOTOS NATACHA PISARENKO/THE ASSOCIATED PRESS

Five-year-old Aixa Cano, who has hairy moles all over her body that doctors can't explain, sits outside her home in Avia Terai, Argentina.



Former farm worker Fabian Tomasi shows the condition of his emaciated body as he stands inside his home in Basavilbaso, Argentina. Tomasi's job was to keep crop dusters flying by quickly filling their tanks, but he says he was never trained to handle pesticides.

Spraving laws var

23

Some of Argentina's 23 provinces ban spraying within three kilometres of populated areas; others say farmers can spray as close as 50 metres. About one-third set no limits, and rule-breakers are very rarely punished.

Chemicals in class

11

Teachers in Entre Rios began to file police complaints this year. They said sprayers failed to respect 50-metre limits at 18 schools, dousing 11 during class.

Cancer rates

4

In Santa Fe province, the heart of Argentina's soy industry, cancer rates are up to four times higher than the national average.

Birth defects

4

In Chaco, the nation's poorest province, children became four times more likely to be born with devastating birth defects in the decade since biotechnology dramatically expanded industrial agriculture.

Bolivian coca-eradication squad ambushed; 2 dead



A police officer Sunday became the second member of a government eradication squad to die of gunshot wounds from an ambush by coca growers, who authorities said were holding eight squad members hostage.

Ten more members of the joint military-police team suffered gunshot wounds and 10 were injured by blows in Saturday's attack in a rural area of the remote municipality of Apolo, about 145 kilometres north of La Paz, Interior Minister Carlos Romero said.

It was the first fatal attack

on a coca-eradication team since Evo Morales, a cocagrowers union leader, was first elected president nearly eight years ago.

A bullet perforated the stomach and pancreas of the police officer who died Sunday, the Interior Ministry said in a statement. It said an army lieutenant who died Saturday suffered a gunshot wound that pierced a lung.

A local coca-grower leader, Gregario Cari, told The Associated Press by phone that security forces had attacked with tear gas and gunshots. Cari said the growers were only trying to protect their crops.

"I have information that the comrades were provoked," Cari said. He said the growers took hostages for their own security and were seeking dialogue to prevent "confrontation."

Bolivia's government considers two-thirds of its coca crop to be legal. But it dispatches teams to eradicate unapproved coca fields, and the official in charge of the effort, Felipe Caceres, said more than 90 square kilometres have been

destroyed so far this year.

U.S. officials say tons of Bolivian coca leaves are being processed into cocaine, whose main destination is Brazil, Argentina and Europe.

Morales expelled the U.S. Drug Enforcement Administration in 2008, accusing it of inciting political opposition.

The U.S. says the result has been a rise in trafficking and related violence in Bolivia that is fuelled by official corruption. Effective this month, it halted all counter-narcotics aid to Bolivia. THE ASSOCIATED PRESS

metr⊕ **BUSINESS**

Customers decide how to spend \$80M of H&M's charity money

Corporate responsibility. Fast fashion giant H&M lets customers decide philanthropy with online crowdsourcing



ELISABETH Metro World News in London

Why give money to good causes if your customers don't know about it? Global corporations are discovering how to get customers involved with philanthropy through crowdsourcing.

H&M will announce Monday an online poll that lets customers decide where the fashion chain's philanthropic arm should spend SEK 500 million (about \$80 million).

"We felt that it was important to know what people consider vital," explains Helena Thybell, global manager for H&M Conscious Foundation. "And it's a good way of creating engagement: What are people passionate about? There are lots of people around the world who really care and are concerned about the future of the planet."

Other consumer product giants such as Ford and Pepsi have already tried crowdsourced philanthropy. "It accomplishes the

company's goal of making their customers aware of their (corporate social respon-sibility)," notes social Mari Kuraishi, co-founder and president of globalgiving.org, which connects people with causes that suit their

"We think this is a great way to empower our staff and customers," H&M CEO Karl-Johan Persson tells Metro.

"Their votes will have a real impact as they determine what the H&M Conscious Foundation should focus on (in) the coming years."

But while voting might be fun, how much good will the resulting projects do?

In some cases it may be little more than a publicity stunt, says Kuraishi, but it also gets CSR on con-

sumers' agendas: "If consumers are involved, they'll talk about it with their friends. By contrast, you wouldn't dig up a company's CSR report and talk about it with your friends at

Global giving

H&M's new crowdsourced philanthropy campaign means you can shop and do good at the same time.

- Pick your passion There are five options to choose from, ranging from clean water to women's empowerment. The top three picks will be funded by H&M for a multi-year engagement.
- Expert input A panel of experts, including Catholic Archbishop Desmond Tutu. narrowed down the shortlist of beneficiaries.
- Online ballots Customers can vote at makeadifference.hm.com.



Glitchy U.S. health-care site needs a web doctor

U.S. President Barack Obama is expected Monday to address the problem-plagued online rollout of his signature healthcare legislation.

The rough start for healthcare.gov has been a black eye for Obama, who invested significant time and political capital in his first term getting the law passed, with the goal of insuring millions of Americans without

Officials initially blamed a high volume of interest for

476,000

The number of health insurance applications that have been filed to healthcare.gov in the first three weeks

the frozen screens that many people encountered. Since then, they have also acknowledged problems with software and elements of the system's design.

Model Jennie Runk in

an H&M swimsuit ad.

OURTESY H&M

19 million 7 million

The number of people who have visited healthcare.gov, as of Friday night

Interest in the insurance markets appears to be high. Officials said about 19 million people have visited the site as of Friday night.

Officials say more than

The targeted number of uninsured Americans projected to gain health-care coverage in the first six months

476,000 health-insurance applications have been filed, but refuse to say how many people have actually enrolled during the first three weeks.

The program is projected

to reach 7 million people during the six-month sign-up per-

Officials say they expect enrolments to be heavier toward the end of the six-month sign up window.

Problems with the rollout were largely overshadowed by Republican efforts to force changes to the health-care law in exchange for funding the government. That effort failed and the government reopened last week with "Obamacare" intact. The associated press

Tech support

- · An unknown number of technology experts from inside and outside the government are being brought in to work on the glitches.
- Officials did say staffing has been increased at call centres by about 50 per cent.

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Economics, by its very nature, is a discipline dense in jargon. METRO

Better at math. Bank of Canada economists get failing grade for writing

An internal report card says the Bank of Canada's economists don't write too good.

"Economists' writing skills were identified by many as an area for improvement," says an audit ordered by the bank.

"This includes difficulties being succinct, grammatically correct and prioritizing the data into useful information."

Auditors examined a group of economists, most of them with graduate degrees, who dissect the state of the Canadian and international economies. Their advice is used to set Canada's monetary policy. This analysis also appears to have created a paper jam as managers must then edit the below-standard writing.

One report issued in July offered sentences such as: "Financial fragmentation continues to impair the transmission of monetary policy, however, as reflected in the divergence between lending rates in the peripheral and core economies."

The group clearly needs training in writing skills, the report concludes, and the bank's management agreed to provide it. THE CANADIAN PRESS

Green entertainment

Matt Damon wins eco award

Actor Matt Damon, who starred in fracking drama Promised Land, was recognized with the Ongoing Commitment award for his film's eco-friendly messages by the Environmental Media Association Saturday night.

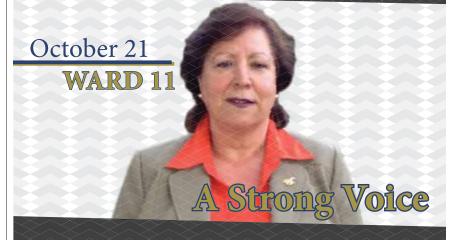
The organization promotes sustainable behaviours and ecological awareness in the media.

Also honoured was Netflix's House of Cards, as well as HBO documentary Gasland Part II, reality show VICE, ABC's Last Man Standing and Nickelodeon's Nick News. THE ASSOCIATED PRESS



Matt Damon starred in fracking drama Promised Land.

Vote for Sonia Bitar



I believe in making Edmonton a safe city where all citizens and small businesses have support and an opportunity to contribute to the greater good. Together we can bring a new energy to city council and ensure healthy and diverse neighbourhoods in Ward 11."

About Sonia...

- Served as an Alberta Citizenship Court Judge
- Executive Director of changing Together.
 A Centre for Immigrant Women.
- Public affairs officer with Transport Canada

and her Vision...

- Safe public transportation
- Improving exsisting infastructure
- Ensuring a safe and friendly community
- Enhancing diversity

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metr⊕ **VOICES** metronews.ca Monday, October 21, 2013

I'M CASTING MY VOTE CAREFULLY

The other day, someone asked me whose mayoralty platform I liked the best. It was a difficult question to answer. I'm not a fan of civic political platforms. Having run in three municipal elections, I'm quite aware that election platforms disappear faster than a half-hearted September snow.

So, if I am not going to use a platform to make a decision about who to vote for, how do I decide? As much as possible, I try to determine the values of those who are running for office. Ideas change, visions change, policies change, but values tend not to.

And what values do I look for? The primary one for me is that a candidate values all people and the contribution they make to

I want someone who sees that an artist is no more or less valuable than the man or woman who picks up my garbage. And the concerns of a developer are no more pressing than



Terence Harding edmonton@metronews.ca

the needs and wishes of the mums and dads who want their children to grow up in safe, clean and healthy neighbourhoods. I want to elect someone who will always stop and ask, "Who benefits?" and who will never sacrifice the needs of the many for the desires of a

I had made up my mind about who to vote for until I looked at the responses mayoralty candidates gave to six questions from the Canadian Taxpayers Federation. The questions that interested me most were those that dealt with tax increases, employee raises, more money for the arena, taking money from Mr. Katz and disclosing donations from unions doing business with the city.

For some reason, Karen Leibovici did not respond. I wonder why. And there wasn't much difference in Diotte's, Iveson's and Ward's answers. No one would take donations from King Katz. Big surprise. Iveson would not commit to

What I look for in a candidate

As much as possible. I try to determine the values of those who are running for office. Ideas change, visions change, policies change, but values tend not

keeping either tax increases or raises for city employees to the rate of inflation, and was somewhat fuzzy about whether or not he would agree to more funds for the arena. Those answers made an alarm bell go off in my head. Diotte surprised me by being fuzzy on raises, and being unwilling to disclose donations from unions doing work for the city and another alarm bell rang.

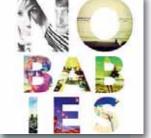
Because of those answers and the lack of them, I'm going to be looking at my ballot for a while before I make my

Four years is a long time to live with a mistake.



FIFIELD

Bandcamp is an online music store that allows users to buy directly from the artist at prices that tend to be beautifully affordable. Cool, right? But, wait! It gets better. You can preview albums in their entirety before purchasing anything, making it the perfect



mixture for supporting Canadian talent like this.

No Babies:

The debut (I assume) album from this $Dartmouth\,group\,is\,pure\,sugary\,bliss$ from the opening seconds. A heady mix of electro-pop and beach-y guitar jams. The only complaint I have is that it wasn't released in June. bies.bandcamp.com)

Viet Cong: A supergroup of sorts, made up of veteran Calgary musicians who have mastered the sort of stark post-punk that seems more at home in Manchester than anywhere in Alberta. Fans of the dearly-missed Woman, once one of the country's most promising young bands, will find both familiar sounds and familiar members here. (vietcong.bandcamp.com)

Hooded Fang:

Good old fashioned garage rock, delivered with crashes and bangs. If that sounds like your kind of thing, and it should, give their latest album Gravez a spin. There's literally nothing to not like in there.

(dapsrecords.bandcamp.com)

@metropicks asked: One MP will introduce a private member's bill to protect unpaid workers. What's the best solution?

@TheGr8tstManEvr: Elect Justin Trudeau to a majority.

@KMouse66: Fine the employers for exploiting slave Labour.

@wgb75: Dont take non paying jobs

@1puttB: 2013 and we still have slav-

@Dennis2ride: deny workplaces from using interns.

@cndougherty: definitions will be critical - how will this impact the Canadians who volunteer?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

ZOOM

Nelson Mandela larger than life



Spray paint artist captures a leader

Street artist Victor Landeta spray paints a portrait of former South African leader and human rights activist Nelson Mandela on a sliver of the former Berlin Wall on Saturday in Kleinmachnow, Germany. Ailing Mandela recently spent three months in a hospital and is now receiving treatment at home. GETTY IMAGES

Famous quote

"There is no passion to be found playing small — in settling for a life that is less than the one you are capable of living." Nelson Mandela



Brandt on a sliver of the former Berlin Wall. He received a **Nobel Peace Prize for attempting** to warm relations between West Germany and countries in the Soviet Bloc. GETTY IMAGES



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metronews.ca Monday, October 21, 2013 **SCENE**

London, England

Depp salutes horror-film star **Christopher Lee**

Johnny Depp has made a surprise appearance at the London Film Festival to give a career honour to horror icon Christopher Lee.

Depp called Lee "a national treasure" and "a genuine artist" as he presented the 91-year-old actor with a British Film Institute Fellowship on Saturday.

He said it had been "a childhood dream come true" to work with Lee. The two actors appeared together in Tim Burton's Sleepy Hollow, Dark Shadows and Charlie and the Chocolate Factory. The associated press



Movie rankings

Gravity's box office shows no signs of returning to Earth

Topping the box office for the third straight week, the space adventure Gravity continues to be the boxoffice juggernaut of the fall. The film, starring Sandra Bullock, earned \$31 million US over the weekend, according to studio estimates. Tom Hanks' Somali pirate drama Captain Phillips held in second place at the box office. The associated press



Agent Coulson, man of steel (and milquetoast)

Television. Actor Clark Gregg's geeky alter ego proves both bad-ass and boyish as the star of Agents of S.H.I.E.L.D.

Like the character he plays, Clark Gregg has worked his way up the career ladder.

Five years ago, he played Agent Phil Coulson for the first time as a small role in the Robert Downey Jr. romp Iron Man.

Now, after gaining an everhigher profile as Coulson in subsequent projects, including last year's mega-hit The Avengers, Gregg has broken out as the star of Marvel's Agents of S.H.I.E.L.D., the new acronymic

sci-fi thriller airing on CTV which finds Coulson leading a hand-picked band of agents on their extra-special missions.

Gregg's own mission: to savour his spot as No. 1 on the Marvel's Agents call sheet after years of diverse, solid and often acclaimed work that, nonetheless, fell short of making him a household name.

Gregg, 51, has earned his new prominence. As Coulson, he projects a mild demeanour (except when he doesn't) and a boyish smile (except when he takes dead-aim with his weapon or busts a bad guy in the chops). He's a tangy blend of milquetoast and steel.

And he looks good, though not too good, in his habitual company-man business suit.

"Coulson loves his job. He's jaded; he's seen too much, but he can really geek out. You could imagine him doing selfies with crazy alien corpses! I'm making that up, but he's WAY into what he does."

Actor Clark Gregg, who stars as Agent Phil Coulson on Marvel's Agents of S.H.I.E.L.D.

"Coulson never takes his suit off," said executive producer Maurissa Tancharoen, speaking from Los Angeles, whether he's on the beach, in the jungle ..

'But at the risk of spoilers," stepped in fellow exec producer Jed Whedon, "you will see him in a future episode — sans tie!"

'The show doesn't take itself too seriously," Gregg noted gratefully during a recent chat

ments when it needs to. The rest of the time it has a real sense of humour. 'I'm going to Taser you and watch Supernanny while you drool into the carpet': That's just not the kind of line I've gotten playing an agent in something else," like, for instance, The West Wing, where he had a recurring role as, yes, an FBI special agent. THE ASSOCIATED PRESS

in New York, "except in the mo-



Science

ASK A HEALTH RESEARCHER: IS IT SCIENCE OR FICTION?

Thursday October 24, 2013. 6:30 - 9:00 PM 18

Movie introduced by Elaine Hyshka, a PhD Candidate in Addiction and Mental Health Research Lab at the University of Alberta's School of Public Health. She will lead a discussion on addiction after the film.



metroews.ca Monday. October 21, 2013

20 years on, TLC biopic charts spats, struggles and tragedy

Blast from the past.

When VH1 realized how much the trio resonated with its audience, it set out to tell their tale

For Rozanda "Chilli" Thomas and Tionne "T-Boz" Watkins, there were several uncomfortable moments watching actresses portray them in a new TLC biopic.

But it was especially strange to watch Lil Mama, who played the role of the late Lisa "Left Eye" Lopes — the third member of the Grammy-winning R&B group who died in a car crash in Honduras in 2002.

"She totally came into character," Chilli said of Lil Mama, who wore contacts to mimic Left Eye's distinctively large, dark pupils. "It was kind of scary. The resemblance was just crazy at times. Naturally, she kind of had some of the similar characteristics like Lisa. It was kind of eerie at times for us."

Alongside Lil Mama, Keke Palmer stars as Chilli and Drew Sidora as T-Boz in the film, CrazySexyCool: The TLC Story, which premieres Monday on VH1. The two-hour movie chronicles the trio's rise to fame, their dramafilled love lives — famously including Left Eye burning down the house of lover and former NFL player Andre Rison — group spats and financial struggles, despite two multiplatinum albums.

"You never know how you look to someone else until you see for yourself," T-Boz said. "It was weird. It was very weird seeing my haircut on Drew. ... To see them do

our dance moves really took us back."

This is VH1's first biopic in nearly 10 years since Michael Jackson's Man In the Mirror: The Michael Jackson Story in 2004.

"When we looked at all the artists that would resonate with our audience, TLC was, like, on top of the list," said Jill Holmes, the network's senior vice-president of West Coast production and development.

A Behind the Music on the group and The Last Days of Left Eye were both highly rated. "Our audience came of age listening to TLC and our young viewers grew up listening to their songs. So it seemed like a perfect fit."

TLC debuted more than 20 years ago and became one of the bestselling female groups of all time. They addressed serious topics such as the

In this 1995 photo, the band TLC, from left, Rozanda "Chilli" Thomas, Tionne "T-Boz" Watkins and Lisa "Left Eye"

Lopes, pose outside New York's Radio City Music Hall before the start of the 12th Annual MTV Video Music Awards.

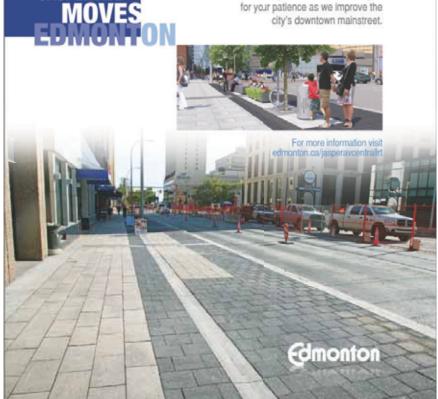
The Grammy-winning trio's rise to fame is chronicled on Crazy SexuCool: The TLC Story, THE ASSOCIATED PRESSELLE.

dangers of AIDS in Waterfalls and the unrealistic expectations of beauty in Unpretty and had No. 1 smashes with No Scrubs and Creep, and their 1994 album, CrazySexy-Cool is diamond-certified.

Chilli hopes their movie can show how resilient TLC has been despite all the ups and downs. The two surviving members continue to move forward as a group, releasing their greatest hits album, 20, last week. THE ASSOCIATED PRESS



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Television

New Girl, Brooklyn Nine-Nine to air after Super Bowl

Fox says that the plum post-Super Bowl slot next February will be filled by two of its comedies. New Girl and freshman series Brooklyn Nine-Nine will air on Fox after the game that's typically TV's most-watched program.

Fox also gave Brooklyn Nine-Nine another vote of confidence Friday, announcing it's ordering nine



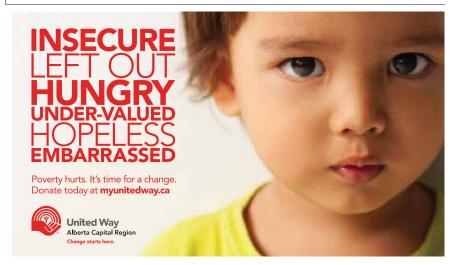
more episodes for a full season of 22 episodes. The sitcom stars Andy Samberg as a footloose police detective and Andre Braugher as his precinct captain.

THE ASSOCIATED PRESS

Low ratings

NBC pulls plug on Ironside, Welcome to the Family

NBC says it's cancelling two freshman shows, Ironside and Welcome to the Family. Ironside, starring Blair Underwood in an updated version of the Raymond Burr police drama, will air its final episode on Wednesday. Burr's Ironside aired from 1967 to '75, but low ratings will keep the new series to a total of four episodes. THE ASSOCIATED PRESS





Vanity Fair smell an affair as they begin probing Paltrow's love life

The much-buzzed-about take-down of Gwyneth Paltrow that Vanity Fair is planning will reportedly detail a rumoured affair the Oscar-winning actress had with real estate developer Jeffery Soffer, according to Page Six. "Vanity Fair is asking if Gwyneth had an affair with Jeff back in 2008 when he reopened the Fontainebleau (hotel)," a source says.

"He flew her in for the party, and she stayed at his house." Paltrow and husband Chris Martin will celebrate their 10th anniversary in December, and Soffer recently married Elle Macpherson. The source said the author of the article is also looking into Paltrow falling out with pal Madonna and her early-career casting couch experiences.

METRO DISH

Pop Goes The Week

What'swrong Charlie, you don't like money?



STARGAZING
Malene Arpe
scene@metronews.d

Possible reasons Charlie Hunnam left the production of 50 Shades Of Grey. A) He didn't want to end up in a Robert Pattinson-type situation, being forever known for one terrible role. B) He finally got around to reading the books. C) Creative differences. D) He hates money. E) His feelings were hurt when Britney Spears said she wanted James Franco to play Christian.

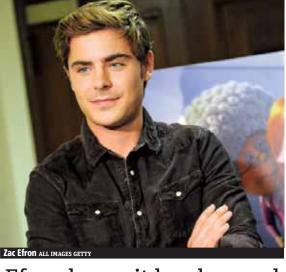
Martha Stewart said of Gwyneth Paltrow that she hopes she's "authentic" and that, "She wants to be a lifestyle arbiter — fine ... I think I started this whole category of lifestyle." Martha continued, "also, everything is mine and you can't have any. Neener-neener. Are your goats trained to make their own cinnamon-scented candles?"

Meg Ryan is returning to TV where, "she will play a sunny, devoted and non-confrontational mom who returns to a publishing house where



she was once a brilliant editor." Don't tell me! Don't tell me! Her boss will be Tom Hanks and they will bicker and then they'll have polite sex. Did I get it right? Is there a prize?

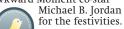
Model Kat Torres says she's dating Leo Di-Caprio and calls him "amazing." Leo's rep denies the two are or have ever been a couple and that, Kat, is how a non-disclosure contract works. Now you'll know for when you start dating Bradley Cooper.



Efron keeps it low key and all boys for birthday bash

Zac Efron celebrated his 26th birthday with a round of golf with his dad during the day and small shindig with friends — no girls allowed — at the Chateau Marmont, according to Us Weekly. The former High School Musical star,

who completed a stint in rehab earlier this year for reported problems with cocaine and alcohol, was joined by Robert Pattinson, Joe Jonas and his That Awkward Moment co-star



Twitter



@Josswhedon

"Friendzone" means any woman who doesn't have sex w/a guy is doing him an injustice. The term debases everyone. Can we retire it?



@ChloeGMoretz Tomorrow! Japan!!



@oliviawilde

The fact that the valet guy just called me "sir" isn't as awesome as how long it took his buddy to convince him he was wrong.













Pregnancy routine

Your growing body will experience new issues, including itchy skin and stretch marks. And certain ingredients, like your trusty retinol cream, are now off-limits.

Dermatologist Debra Jaliman, author of Skin Rules, lets you in on your new skin-care routine.

What are some skin issues for pregnant women?

One of the biggest issues for expectant mothers is melasma, when pregnant women get brown discolouration on their face. So it's very important to use a broad-spectrum SPF 30 sunscreen every day, rain or shine. Pregnant women are also often very itchy, so it's important to use mild cleansers when washing the skin and also

to take short showers and avoid hot water.

How should pregnant women take care of their

It's important to use a moisturizer when getting out of the shower and avoid vigorously towel drying. Instead, pat the skin dry gently.

Are there any products to



Certain products should be avoided. These include retinol, salicylic acid, hydroquinone, kojic acid and benzoyl peroxide. metro

media to #rea-

sonsmommydrinks

Are your kids ready to pop some hashtags? Find out with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/ voices. Hashtag your reasons on social

All fun and games till your kid's schedule stresses everyone out

Extracurricular activities. Are hockey, soccer, tennis, swimming and piano lessons too much?



IT'S ALL RELATIVE (athybuckworth.com

When I was a kid, like many of my friends I would race home after school so I could change and get outside to play. We used to run from door to door, calling on other kids to come

You know the word "play", right? Besides when it's referencing a video game? We would stop playing only for dinner and homework and the occasional episode of Get Smart or The Partridge Family.

Our time was, for the most part, totally unstructured, unless you consider being told to "be home when the streetlights go on" as structure.

I did also learn how to play badminton, squash, tennis, and took swimming and skating lessons. Most happened on the weekend, leaving our weekdays relatively free. Free, compared to the schedules of many kids today, including my own.

When all four of mine were engaged in sports, I needed a spreadsheet to keep track of it. My book Shut Up & Eat was mostly inspired by the fact that family meals became more about logistics than they did nutrition, and might have included consideration of what one can eat in a car on the way to the hockey arena.

Many parents are driving themselves and their vehicles to the brink all week as they ferry children from karate to guitar to skating to tournaments and extra practices and the dreaded of all time-suck activities - the "Rep" level team, be it hockey, soccer, swimming, etc.

(I remember myself at age eight, and my sister at 10 taking the city bus by ourselves to swimming lessons. Shock-

There are many theories as to whether exposing our kids to this type of structure and (arguably) overscheduling is good for them.

On the positive side, they learn teamwork, commitment, engage in physical activity and/or cultural stimulation. Critics would say it's stressful for them and that they don't know how to amuse themselves for longer than it takes to wait for a brother's gymnastics lesson to end.

My advice? Pick and choose the way you spend their time, your time and your money when deciding on extracurriculars. Check your bank balance, your calendar and make sure it's something they want to pursue versus your own interest or those of their friends. Investigate responsibilities for fundraising, out of town tournaments and equipment costs before committing.

After all, in the words of William Shakespeare, "The play's the thing," isn't it?



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Nutty Thumbprint Cookies get two thumbs way up

1. In bowl of stand mixer fitted with paddle attachment, cream butter with brown sugar on medium speed for 3 to 4 minutes or until very light and fluffy. Add egg and vanilla; beat until well combined. Into another bowl, sift together flour, cornstarch, baking powder and salt; stir in almonds and add to

- 1-1/4 cups (300 ml) unsalted butter, softened
- 3/4 cup (175 ml) packed dark brown sugai
- 1 egg
- 1 tsp (5 ml) pure vanilla
- 2 cups (500 ml) all-purpose
- 1 cup (250 ml) cornstarch
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt • 1/2 cup (125 ml) ground
- almonds • 1/4 cup (50 ml) icing sugar
- 1 jar (375 g) PC Decadent Cookie Spread



creamed butter mixture. Mix on low speed just until combined. Cover bowl with plastic wrap. Chill for 1 hour or until mixture is firm.

2. Preheat oven to 350 F (180 C). Line three baking sheets with parchment paper.

3. Using scant tablespoon (15

ml), scoop dough, form into 1-inch (2.5 cm) balls and place on one baking sheet, spacing 1-1/2-inches (4 cm) apart. Make a thumb indentation in each ball. Bake in centre of oven for 10 to 12 minutes or until evenly golden and crisp. Cool slightly on baking sheet. Gently press thumb into indentation. Cool cookies fully on baking sheet.

While one batch bakes, scoop more dough onto second baking sheet. Let baking sheets cool fully before re-using to bake more cookies.

4. Sift icing sugar over cooled cookies. Using two spoons or a piping bag, fill cookie centres evenly with cookie spread, using entire jar. PRESIDENT'S CHOICE Healthy eating

Choose it and lose it



No meal is complete without a sweet ending, but some seasonal treats are loaded with sugar.



Pumpkin pie

466 calories / 45 g sugar Pumpkin pie will be all around us this season. A butter graham crust and creamy filling adds up

Equivalent

One slice of pumpkin pie is equal in sugar to 22 Timbits.



6 President's Choice mini chocolate eclairs

270 calories / 12 g sugar Six eclairs give you almost half

fat of the pumpkin pie.

the calories and a fraction of the

Spread it or eat it from the jar, we won't tell

Remember when Fluffernutter sandwiches were all the rage? This DIY Nutella-Marshmallow spread reimagines the idea with chocolate-hazelnut flavour instead of peanut butter.

1. In a medium saucepan over medium-high heat, combine the water, sugar and corn syrup (or honey). Stir gently to combine. Insert a candy thermometer and heat, without stirring, until the mixture reaches 240 F.

2. Meanwhile, when sugar syrup begins to form large bubbles, and the thermometer reads about 225 F to 230 F, place the egg whites and cream of tartar in the bowl of a stand

mixer and beat the whites to soft peaks. This should take about 4 minutes.

3. By the time the whites are whipped, the sugar syrup should be at 240 F. Remove from the heat and with the mixer running, carefully pour the syrup in a thin, steady stream into the whites. The whites will deflate slightly at first, but as the sugar syrup becomes incorporated, they will thicken, turn white and begin

4. Continue to whip the mixture for 7 to 8 minutes, or until very thick and glossy. Add the vanilla and whip for another minute. Remove the bowl from the mixer, then fold in the Nutella until mixed, but not blended. Transfer to an airtight container. The spread can be stored at room temperature for 2 weeks. The associated press/ re-CIPE ADAPTED FROM THE KING ARTHUR



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ating McDonald's restaurants in Edmonton, excluding certain retail locations.

Ingredients

- 1/3 cup water
- 3/4 cup sugar
- 3/4 cup corn syrup or honey
- 3 egg whites, room temper-
- 1/2 tsp cream of tartar
- 1 tsp vanilla extract
- Half of a 13-oz jar of Nutella

metr⊕ **WORK/EDUCATION**

Peg your post-secondary promptly: The early bird gets the excellent education

School search. Don't leave what could be a life-changing decision until the last minute

It may feel like the school year just started, but soon thousands of Canadian students will be turning their focus toward the next stage of their academic careers: applying to post-secondary school.

In 2012, there were 793,000 full-time and 234,000 part-time undergraduate students in Canada, according to the Association of Universities and Colleges of Canada.

"Grade 12 comes upon students very quickly — quick-er than they realize," said George Granger, executive director of the Ontario Universities' Application Centre, whose organization worked with an affiliate group of the Council of Ontario Universities to organize the fair.

Granger, who previously served as a registrar and director of admissions, said selecting a university or college is "one of the most important choices" students will make at this point in their lives.

"It's right up there with careers and relationships and where you're going to live. For a lot of them, it's a challenging moment."

Granger shares tips on how students can best prepare for the application process and ways to whittle down their pool of choices to select their ideal school.

Start thinking of, and set-



tling on, an area of study

While the largest group of students who will attend the fair are in Grade 12, Granger said pupils in younger grades can also start casting their mind to potential areas of study after high school.

"Those are the years where they're starting to fit themselves into the streaming of courses," Granger said of students in Grades 10 and 11.

"They're starting to become more aware of what they're good at, what they like to do, becoming more aware of where they'd like to take themselves in their career life

Offer a well-rounded resumé

While some programs rely entirely on academic standing to make admission decisions,

"It's right up there with careers and relationships and where you're going to live. For a lot of them. it's a challenging moment."

George Granger Executive director of the Ontario Universities' Application Centre, on choosing the right postsecondary school

others may factor supplementary information into the fold, Granger said.

For example, some fine arts programs require the submission of a portfolio, while others may demand a profile of a student that demonstrates well-roundedness, leadership experience and community

involvement, he noted.

Granger said all students planning to pursue postsecondary studies should be mindful of extracurricular activities that will help balance them as individuals as well as potential applicants.

"Those experiences the playing fields, in student government, in student clubs - those are all things that develop transferable skill sets that are going to be very important during the university experience, but also after graduation.

"Working as a member of a team, working in groups there's a lot of emphasis on that in modern education."

Location and size matter

Granger said once students have assessed longer-term goals and ensured they have the appropriate prerequisites, another key step follows: selecting the school itself.

"For some students, it's question of: 'Can I live at home and attend school or do I have to go away?' In some cases, the program that they're interested in is offered only at a few universities. And so, that means they'd have to make a commitment to go away and they'd have to come to terms with that."

In other cases, the program students are interested in may be more widely available therefore altering the decision of whether to stay put or move away.

Granger said students with some degree of flexibility in their minds and a willingness to be mobile should be weigh-

As students narrow down their choices, Granger said an important component of the research and decisionmaking process is to pay a visit to the campus

- "All of the universities offer tours, some of them on a daily basis, some of them on a scheduled basis. All of them have special visit days in the fall and in the spring," Granger said.
- If students and parents are unable to make the trek, virtual tours of the campus are also an alternative option, he

ing whether they'd prefer to be at a larger school in a metropolitan area or if they'd feel more at ease on a smaller campus outside of the city.

"Ît's all linked to: 'Wȟat is the program I want? Where is it available? What's the reputation of that program?" said

"For many students and parents, they want to be able to perceive vocational links or career tracks that might come from one program or another," he added. "Others recognize that the goal is to get a good strong liberal arts or science education and develop those critical thinking skills - research methodology, flexibility, those transferable skills. So that all goes into the mix."

THE CANADIAN PRESS



Legends of the labour force

Back in my workday... Author of A Good Day's Work hopes to preserve memory of Canada's vanishing jobs

When John DeMont was completing his book about vanishing traditional jobs in this country — think lighthouse keeper or milkman — he found A Good Day's Work had become much more than just a discourse on how some Canadians bring home the bacon.

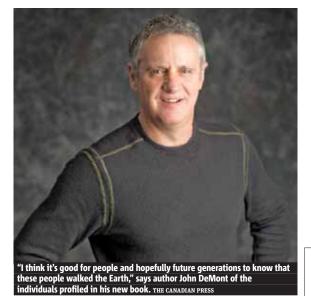
"It sort of morphed into this book about Canada, using the disappearing work as a jumping-off point to talk about different aspects of Canada and the different things that are going," says the Halifaxbased journalist and author.

"Not just work," he says, but "the iconic Canada — close-knit communities and small towns and everybody knowing everybody and being intersected in a positive year."

interested in a positive way."
A Good Day's Work: In Pursuit of a Disappearing Canada (Doubleday Canada) seems a natural followup to his previous book, 2009's Coal Black Heart: The Story of Coal and the Lives it Ruled, a history of coal mining in Nova Scotia and the toll that disasters in the deeps took on colliers and their families.

Ancestors on both sides of his family were part of that history — one grandfather went down into the pit at age 11 to mine the black gold — but DeMont's father eschewed what had been the family business to work above-ground as a stockbroker.

And as the author writes in the prologue of A Good Day's Work, growing up as a child in Halifax was an idyllic time for



Cool careers

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them."

John DeMont Author of A Good Day's Work

ridinor or ri dood bay 3 work

him — and for the country as a whole

His reference year — 1967, when he was 11 — sees Canada celebrating its 100th birthday, with millions drawn from around the world to Expo 67 in Montreal, the Canadian economy at its post-war peak and the Toronto Maple Leafs winning their last Stanley Cup.

It was also a time when the milkman still delivered cows' bounty to many homeowners' doors, beef came from familyowned and family-worked farms, and parents and kids — and hormone-fuelled teens — piled into the station wagon on a summer's night to take in a drive-in movie.

It is that world that DeMont evokes in A Good Day's Work, or rather what is left of it, as he tracks down Canadians still engaged in time-honoured work, the kind of jobs that built this country but are perhaps soon to be but a memory.

While natural resources jobs — forestry and fishing, for example — might have seemed an obvious fit, DeMont chose to go beyond "guys in the woods" and look into a broad range of skills among people in different parts of the country.

"I wanted jobs that in themselves were interesting — interesting enough that you could write about them, build a chapter around them," the 57-year-old explains during a recent visit to Toronto, one stop on a cross-country, multicity book tour.

THE CANADIAN PRESS

Passé professions

A Good Day's Work profiles a variety of disappearing vocations

 Among them a blacksmith, a travelling salesman and engineers on Via Rail's flagship train the Canadian, which takes awe-struck passengers from Toronto to the lakes and forests of northern Ontario, across the prairies and through the Rockies to Canada's Pacific terminus, Vancouver.

Digitally doing good

Making the world a greater place on the go

We365, a free digital platform which allows young people to track and verify their volunteer activities for school, launched on Friday with the introduction of an app and a website. The platform provides the tools needed to fundraise, take action, and amplify messages for thousands of different charities. Members are encouraged to find and share inspiring content with like-minded users and friends, all while supporting causes most



important to the individual. Visit we365.com for more details.

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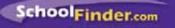
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metronews.ca Monday, October 21, 2013 metr⊕ 32 **WORK/EDUCATION**

Facing adversity?Be yourwords not your feelings

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT

As individuals our word is our bond. It is a measures of our moral character and a mark of our integrity.

A number of people I met at speaking engagements where I presented my Gobi story announced they too wanted to run the desert. Over time, a large group was

set to join me for the Sahara

The majority of people who said they would and even signed up to run the Sahara never actually made it to the start line. Somehow life got in the way and their feelings championed over their word.

Research shows that our vocabulary has 309 known words to describe human emotions - two-thirds of which, astonishingly, are negative. Our brain fires negative emotions 10 times more frequently than it does positive ones. Do the math! Odds are that individuals will experience a negative reaction to 95 per cent of events that occur. What does this mean? Our heads are filled with reasons not to do

When you choose to fol-low through with your word as opposed to your feelings, your life is actively changed as a result. You can now be counted on to do what you said you would, and to do so with enthusiasm.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Show me the marketing job!

Fields in your dreams? There are plenty of ways to kick off a career in sports that don't require athletic expertise

MEREDITH ENGEL

Thinking of a sports career off the field may evoke visions of Jerry McGuire and rubbing elbows with players in the locker room. But a career in sports marketing is not all about the glamour of the game. We tapped David Eisenberg, the senior manager of sports and entertainment marketing for American Express, for his tips on making it in (and on) the field. Besides getting a degree in the field and networking as often as possible, here's what else he recommends:

Explore all sides of the business

Going into sports marketing doesn't always translate to representing your favourite



team. You can work on a brand, like American Express, a property (like the United States Golf Association, for example), or an ad agency.

Tve worked at an agency and a brand, and that's been a wonderful experience because I've learned so many different things from so many different angles," Eisenberg says. "Think: What area do I feel like would give me the most opportunity to learn as much as I can, have a lot of fun and be really engaged in my career?

Remember who you serve

As much as everyone loves the game, at the end of the day, it's the fans who marketers are ultimately trying to reach - they're the ones who are opening their wallets. "We're very focused on really creating those lasting memories for the card member (and) at the same time exposing prospective card members to the benefits," Eisenberg says.

Realize that it's not all about the glitz

"The alitz is the alitz only if somebody needs it or wants it."

David Eisenberg Senior manager of sports and entertainment marketing

Though he gets to oversee events, Eisenberg also says desk time is a big part of the job. "The glitz is the glitz only if somebody needs it or wants it," he says. "(We're) more focused on, 'How do we create scalable experiences for lots of people to take advantage of?' And if that means it is more focused on service, which may just be getting a lesson, versus getting the opportunity to meet a famous golfer, we want to make sure that we're able to reach as many people as we can, with the benefit that's gonna make the biggest impact. If it's glitzy, great.

"If it's not, that's OK, because the important thing is it may give us the scale and it may also give us the opportunity to really build a meaningful relationship.



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metronews.ca Monday, October 21, 2013 **SPORTS**

Golf

Allen comes away with Hickory victory in Carolina

Michael Allen won the Greater Hickory Classic on Sunday in Conover, N.C., for his second Champions Tour title of the year and fifth overall, beating Olin Browne with a birdie on the first hole of a playoff.

Allen closed with a 5-under 65, also birdieing the par-5 18th in regulation to match Browne at 13-under 197 at Rock

THE ASSOCIATED PRESS

NASCAR

McMurray lights up Talladega

Jamie McMurray won at Talladega Superspeedway in a nearly clean race until rookie Austin Dillon lost control on the final lap Sunday, allowing the winner to coast across the line under caution in Alabama.

It was McMurray's first win in the NASCAR Sprint Cup Series since 2010. THE ASSOCIATED PRESS

MLB



"We knew he was going to be a kev contributor toward

the back end of the bullpen." Red Sox manager John Farrell on his closer Koji Uehara, the ALCS MVP. The 38-year-old right-hander got the job after neither Joel Hanrahan nor Andrew Bailey lasted. Boston beat the Detroit Tigers 5-2 in Game 6 of the ALCS on Saturday and will face the St. Louis Cardinals in the World Series.



Tough Luck: QB spoils Peyton's return to Indy

NFL. Colts hand Broncos their first loss after fending off comeback

Andrew Luck threw for three touchdowns and ran for another Sunday night, outplaying predecessor Peyton Manning in a 39-33 victory over the previously unbeaten Denver Broncos.

The victory ended the Bron-17-game regular-season winning streak in the first game Manning played against his former team since being

released in March 2012. Manning finished 29 of 49 for 386 yards with three TDs and one interception. He was sacked four times and tried to rally the Broncos (6-1) late.

But the Colts (5-2) took advantage of his and Denver's uncharacteristic mistakes.

Luck converted an early fumble into a TD pass. Indy got nine points out of a secondquarter strip sack, and Luck scored on a 10-yard run in the third quarter, a drive helped by a series of defensive penalties. When the Broncos finally had a chance to tie it, Manning was intercepted. THE ASSOCIATED PRESS

- Jets 30, Patriots 27. Geno Smith threw a touchdown pass and ran for another score as the Jets (4-3) topped Tom Brady and the Patriots (5-2) in overtime.
- Cowbovs 17. Eagles 3. Tony Romo threw for 317 yards and one touchdown and Dallas overcame a sluggish start to take sole possession of first place in the NFC East with a win in Philadelphia.
- Bills 23, Dolphins 21. Mario Williams forced a fumble with less than three minutes left, setting up the winning field goal.
- Chargers 24, Jaguars 6. Philip Rivers threw for 285 yards and a TD, Ryan Mathews ran for 110 yards and a score, and the surging Chargers (4-3) showed little, if any, issues with a short week in Jacksonville. Fla.

CFL. Alouettes' offence puts hurt on Hamilton



ntreal. THE CANADIAN PRESS

Troy Smith threw three touchdown passes in his first CFL start as the Montreal Alouettes downed the Hamilton Tiger-Cats 36-5 to tighten the race for playoff positions on Sunday afternoon.

S.J. Green, with two, and Arland Bruce were on the receiving end of TD throws from the 2006 Heisman Trophy winner, while Tyrell Sutton ran one in. Sean Whyte had two field goals as Montreal won for the third time in four games. THE CANADIAN PRESS

Heat fall apart vs. Stars in Texas

Colton Sceviour scored three times during the Texas Stars' six-goal third period in a 9-3 victory over the Abbotsford Heat in American Hockey League play on Sunday.

Abbotsford (3-3-1) had a 3-1 lead in the second period before the Stars scored the next eight goals. Sceviour was instrumental in tying the game 3-3, setting up second-period goals by Travis Morin and Chris Mueller. The associated press

NHL. Demoted backstop Biron chooses retirement

Goaltender Martin Biron announced his retirement at the age of 36 on Sunday, after playing parts of 16 NHL seasons.

The New York Rangers put Biron on waivers last week. Biron was assigned to the Hartford Wolfpack on Tuesday, but he did not report.

"After thinking about it with my family, I've decided to retire as a player and move on to a new chapter," Biron wrote on his Twitter account. "Thank you all for your support." THE CANADIAN PRESS

Martin Biron went 230-191-52 with a 2.61 goals-against average and .910 save percentage in 508 games with the Buffalo Sabres, Philadelphia Flyers, New York Islanders and New York Rangers.

He gave up nine goals on 38 shots in two appearances this season before being waived.

metronews.ca Monday, October 21, 2013 metr⊕ **SPORTS**

Veterans help Blue Jackets get back in win column

NHL. Umberger, McElhinney lead the way in ending Columbus' 4-game slide

Although it was only the eighth game of the season, it was already vital for the Columbus Blue Jackets to show some improvement.

A pair of thirty-somethings led the way.

R.J. Umberger scored his first goal of the season with 8:46 left to help make a winner of Curtis McElhinney as the Blue Jackets ended a four-game losing streak with a 3-1 victory over the Vancouver Canucks on Sunday

"It's a good feeling," said coach Todd Richards, given a nice present on his 47th birthday. "I sense in the locker room there's some relief. As the losses started piling

up, obviously the pressure amps up as well. The win will alleviate some of that.

The 31-year-old Umberger had yet to score this season.

"Ít's a good first step for us to get out of the hole we were in," he said. "It was a gutsy challenge we had and we had to find a way to win."

McElhinney, making his first appearance for the Blue Jackets had 37 saves - including several clutch ones while Columbus protected a one-goal lead.

"I just felt relaxed in there," said the 30-year-old McElhinney.

THE ASSOCIATED PRESS



NHL. Predators' Hutton puts up wall as Jets fail to launch at MTS Centre

Carter Hutton made 37 saves and Patric Hornqvist scored the game-winner as the Nashville Predators beat the Winnipeg Jets 3-1 Sunday night.

Hutton, a 27-year-old making just his second NHL start after spending most of his career in the AHL, picked up his first career win. Nashville coach Barry Trotz chose to rest starter Pekka Rinne after the team's Saturday night win in Montreal.

Eric Nystrom and Matt



Cullen added goals for Nashville, while Evander Kane had the lone Winnipeg goal.

THE CANADIAN PRESS

NHL

Ducks ridiculously good since losing on opening night

Emerson Etem got his first career short-handed goal late in the second period after Corey Perry scored twice to tie the game, and the Anaheim Ducks extended their best start in franchise history with a 6-3 win over the Dallas Stars on Sunday. The defending Pacific

Division champions have won seven straight following a 6-1 loss at Colorado on opening night, tying the longest streak in club history. Anaheim captain Ryan Getzlaf had a goal and three assists, and Teemu Selanne extended his goal streak to three games.

THE ASSOCIATED PRESS

NBA pre-season

Love alive and well in Montreal

Kevin Love's 22 points and nine rebounds led the Minnesota Timberwolves to a 104-89 victory over the Boston Celtics on Sunday night at the Bell Centre.

The game was held in Montreal as part of the 2013 NBA Canada series.

Kevin Martin had 21 points and nine rebounds for the Timberwolves (3-2). Ricky Rubio led the team with seven assists.

THE CANADIAN PRESS

Waterfront Marathon

Ontario native sets record time

Lanni Marchant was taking her first steps when Oshawa, Ont., native Sylvia Ruegger set Canada's record time in the women's marathon in

On Sunday, the 28-yearold from London, Ont., took that mark and beat it.

Marchant set the new Canadian record at the Toronto Waterfront Marathon with a time of two hours 28 minutes, besting Ruegger's mark of 2:28:36. THE CANADIAN PRESS

Tennis. Federer reflects on a rough season and his long road back to the top

Roger Federer thinks he made mistakes this year by playing when injured, but insists he is ready for a strong finish to his most difficult season.

Ahead of his hometown Swiss Indoors tournament, Federer said he regretted playing matches with back problems at Indian Wells in March, and Hamburg and Gstaad in

July. "With hindsight, shouldn't have (played). They were errors," said the now seventh-ranked Federer, who has been one of the most durable players on tour throughout his

The 32-year-old said he felt "physically and mentally" prepared for a possible 15 matches in three season-ending weeks at Basel, the Paris Masters and ATP World Tour Finals in Lon-

Still, Federer — who has a relatively modest 36-13 season record — was cautious when asked if he could repeat his title hat trick of 2011.

"I don't know if my level of play is strong enough to do it now," he said. "That would be a bit bizarre for me if I start saying that I'm going to win the last 15 matches of the season.



"I have to hope so because I know that I can play really well, especially indoors. That starts here in Basel with the advantage of playing at home."

Federer, a five-time Swiss Indoors champion, opens Monday against 60th-ranked Frenchman Adrian Mannarino.

In his far from typical season, Federer has won only one title — the grass-court event at Halle, Germany, in June and regularly lost to unseeded opponents since injuring his back in March.

THE ASSOCIATED PRESS

NHL EASTERN CONFERENCE

ATLANTIC DIVISION

	OI.		_	O.L	u.	UM	
Detroit	9	6	3	0	24	23	12
Toronto	9	6	3	0	30	22	12
Boston	7	5	2	0	20	10	10
Montreal	8	5	3	0	26	15	10
Tampa Bay	8	5	3	0	26	21	10
Ottawa	8	3	3	2	21	24	8
Florida	9	3	6	0	20	32	6
Buffalo	10	1	8	1	13	28	3

METROPOLITAN DIVISION

	GP	W	L	0L	GF	GΑ	F
Pittsburgh	8	7	1	0	31	19	1
Carolina	9	4	2	3	22	26	1
NY Islanders	8	3	3	2	25	23	
Columbus	8	3	5	0	19	22	
Washington	8	3	5	0	21	25	
New Jersey	8	1	4	3	17	26	
NY Rangers	7	2	5	0	11	29	
Philadelphia	8	1	7	0	11	24	

Sunday's results

Columbus 3 Vancouver 1 Dallas at Anaheim Nashville at Winnipeg Saturday's results
Pittsburgh 4 Vancouver 3 (SO) Edmonton 3 Ottawa 1 Colorado 4 Buffalo 2 Florida 2 Minnesota 1 (SO) Nashville 2 Montreal 1 Chicago 3 Toronto 1 Boston 5 Tampa Bay 0 New Jersey 4 NY Rangers 0 Washington 4 Columbus 1

Carolina 4 NY Islanders 3 Phoenix 5 Detroit 2

MLB PLAYOFFS

ALCS

BOSTON RED SOX VS. DETROIT TIGERS (Boston wins series 4-2) Saturday's result Boston 5 Detroit 2

WESTERN CONFERENCE

CENTRAL DIVISION GP W L OL GF GA Pt

		GP	W	L	0L	GF	GΑ	P		
PACIFIC DIVISION										
	Dallas	7	3	4	0	17	22	6		
	Winnipeg	8	4	4	0	21	22	8		
	Minnesota	9	3	3	3	19	22	9		
	Nashville	8	4	3	1	16	21	9		
	St. Louis	7	5	1	1	27	19	11		
	Chicago	8	5	1	2	23	19	12		

	GP	W	L	0L	GF	GΑ	P
San Jose	8	7	0	1	39	16	15
Anaheim	7	6	1	0	24	16	1
Phoenix	9	5	2	2	27	26	1
Los Angeles	9	6	3	0	24	22	1
Vancouver	10	5	4	1	27	29	1:
Calgary	7	3	2	2	23	26	8
Edmonton	9	2	6	1	26	36	
Note: Two point	s for	a w	in,	one	poin	t for	

overtime loss. San Jose 6 Calgary 3

Los Angeles 5 Dallas 2 Monday's games — All Times Eastern

San Jose at Detroit, 7:30 p.m. Colorado at Pittsburgh, 7:30 p.m. Calgary at Los Angeles, 10:30 p.m.

Tuesday's games Anaheim at Toronto, 7 p.m. Vancouver at NY Islanders, 7 p.m. New Jersev at Columbus, 7 p.m. Chicago at Florida, 7:30 p.m. Edmonton at Montreal, 7:30 p.m. Washington at Winnipeg, 8 p.m. Nashville at Minnesota, 8 p.m. Calgary at Phoenix, 10 p.m.

NLCS

ST. LOUIS CARDINALS VS. L.A. DODGERS (St. Louis wins series 4-2) Friday's result St. Louis 9 L.A. Dodgers 0

WORLD SERIES

ST. LOUIS VS. BOSTON

(Best-of-7)

Wednesday's game — All Times Eastern St. Louis (Wainwright 19-9) at Boston (Lester 15-8), 8:07 p.m.

Thursday's game St. Louis at Boston, 8:07 p.m.

Saturday's game
Boston at St. Louis, 8:07 p.m.

CFL

EAST DIVI	SIUI	V.					
	GP	W	L	Т	PF	PA	P
x-Toronto	16	10	6	0	451	414	2
x-Hamilton	16	8	8	0	389	437	1
x-Montreal	16	7	9	0	412	424	1
Winnipeg	16	3	13	0	333	512	
WEST DIV	ISIO	M					

16 16 16 16 16	W 13 11 9 3	2 5 7 13	T 0 0 0	PF 513 468 435 362	PA 362 339 425 450	2
16 16 16	11	5 7	0	468 435	339 425	2
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WEEK 7 Sunday's results

Cincinnati 27 Detroit 24 San Diego 24 Jacksonville 6 Carolina 30 St. Louis 15 Washington 45 Chicago 41 N.Y. Jets 30 New England 27 Buffalo 23 Miami 21 Dallas 17 Philadelphia 3 Atlanta 31 Tampa Bay 23 San Francisco 31 Tennessee 17 Green Bay 31 Cleveland 13 Kansas City 17 Houston 16 Pittsburgh 19 Baltimore 16 Denver at Indianapolis

Monday's game — All Times Eastern Minnesota at N.Y. Giants, 8:40 p.m.

Sunday's results New York 3 Houston 0 San Jose at Los Angeles

Saturday's results Montreal 2 Philadelphia 1 FC Dallas 2 Seattle 0 Colorado 3 Vancouver 2 New England 3 Columbus 2 Chicago 1 Toronto FC 0 Portland 0 Real Salt Lake 0

PLAY

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

Horoscopes

↑ Aries

March 21 - April 20 Something you think is important is in fact trivial and the sooner you realize that fact the better off you will be.

Taurus

April 21 - May 21A relationship matter that has been worrying you for weeks will fade in significance today. Maybe it isn't as bad as you thought it was. Time will tell.

II Gemini

May 22 - June 21 Every upheaval is an opportunity in disquise and soon you will realize that fate has been prodding you to move in a new and more profitable direction. All you have to do is get moving.

Cancer

June 22 - July 23 As Mercury, planet of the mind, turns retrograde today so the way you look at your life will change. However, this particular cosmic event has a way of playing tricks on people, so don't make any drastic moves just yet.

Ω Leo

July 24 - Aug. 23 You may be upset that something or someone has gone out of your life but it is all part of the process of growth and change. The world never stands still and nor should you. Move on in your life.

W Virgo

Aug. 24 - Sept. 23 It takes courage to hold a view that few other people agree with and more courage still to express that view openly. But you are not the sort to back down and will insist on having your say. Let's hope you are right!

📤 Libra

Sept. 24 - Oct. 23 Throw away your schedules and timetables. With Mercury moving retrograde today there is really no point in making plans. Take each moment as it comes.

M Scorpio

Oct. 24 - Nov. 22 Ideas you once supported don't seem so attractive now but you are still reluctant to give up on them. Until you do you won't be able to take advantage of the new insights that enter your mind.

Sagittarius

Nov. 23 - Dec. 21
If you are smart you will keep your opinions to yourself. You may be desperate to prove a rival wrong but the planets warn it won't be as easy as you think.

17 Capricorn

Dec. 22 - Jan. 20 Let colleagues know how you feel today but don't get emotional about it. If they can see that you are affected to such an extent they may decide to up the pressure, hoping you will break.

Jan. 21 - Feb. 19 Some tough decisions will have to be made, the kind of decisions where you upset more people than you please. Fortunately you are not the sort to worry about that. You enjoy rocking the boat.

H Pisces

Feb. 20 - March 20 You may not be a rule breaker but there is one rule that annovs you so much you are determined to smash it. That's fine but don't forget that actions have consequences. SALLY BROMPTON

Crossword: Canada Across and Down

20

37

40

44

57

64

House is,

Across

- 1. A-li'l- -will-d'ya 4. Gas station name 8. Rejects 14. Football's Mr. Manning
- 15. "__ she blows 16. Set the dial: 2 she blows!" wds.
- 17. Vroomer 18. Toronto-born singer of "Old Skool
- Love": 2 wds. 20. Modeller's buys
- 22. Island off of Newfoundland
- 23. Beau __ (Gracious action) 24. Megan of
- "Smash" 26. Gone With the
- Wind land 28. 1991 Tragically Hip album: 'Road 30. Canadian insur-
- ance and financial services company 34. Lively rhythms 35. Adjust margins,
- say 36. Capture
- 37. Disney deer
- 38. Carries 39. Put down, slang-
- style 40. Gladiator's 300
- 41. Circled 42. I'm; __; He's...
- 44. Forest for Robin Hood 46. Lab device, _
- burner 47. Where the White
- watchdog program on the CBC
- Before 49. Dying" (1991) 52. In the thick 54. Restaurant receptacle 57. Consumer

60. Rosemary's Baby

48. Kindled again

62. "Aren't _ __ lucky one?" 63. "Lost in Love" soft rockers with a Supply of it 64. Gobbles food, in slang 65. Johnny Carson's

predecessor Jack

58

novelist Mr. Levin

61. Seasonable

66. Chap

Down 1. Casino pack

16

27

46

26

35

53

65

41

45

- 2. Court game, with 3. Charlottetown,
- 'The __ of Confederation' 4. Airport schedule acr.

5. Changes __Truffle" by The

Beatles 7. Real thing, for short

60

63

66

8. Female saint in France [abbr.] 9. Fish and Chips, Shepherd's Pie ...and more: 2 wds.

10. Artificial

11. Vintage autos 12. Food package

- abbr., 13. Loudness of
- sound unit 19. As sheet music is
- 21. River deposit
- 25. Guitarist Mr. Paul 27. Santa ___ (Hot
- winds) 28. Sir Guinness, and
- others 29. Salt amount
- 30. __ out (Dished)
- 31. The __ Revolution
- 32. Laissez-33. Buddy of "The
- Beverly Hillbillies"
- 35. Peter Weller '80s Sci-Fi flick
- 38. Step heavily
- 41. "...to thine be true..." - Shake-
- speare 42. Montreal airport
- code 43. Taking care of
- things: 2 wds.
- 45. Daredevil 46. "You __!" (That's
- right!)
- 48. Lasso
- 49. Tbsp., et al. 50. Ballet world's
- Karen 51. "My Friend __"
- ('50s sitcom) 53.Acrobat's feat
- 55. Opera song 56. Stick sort
- 58. Mr. Cobb's
- 59. 'Profit' suffix

Friday's Crossword

D	E	M	0		A	H	ď	Y			F	"E	E	Ö
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'n	T	-	w			"E		-1:	8		'n	п	N	

How to play involved.

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math

Friday's Sudoku

6	4	3	9	5	1	7	8	2
8	9	7	3	2	4	8	5.	1
5	2	1	6	7	8	3	9	4
4	8	9	7	3	5	2	1	6
1	3	2	8	6	9	4	7	5
7	5	6	1	4	2	8	3	9
Ü	1	8	2	9	6	5	4	7
2	7	4	5	1	3	9	6	ě
9	6	5	4	8	7	1	2	3

			9					
8				2	4		5	
	2	1		7		3	9	4
	8					2	1	
			8		9			
	5	6					3	
3	1	8		9		5	4	
	7		5	1				8
					7			

TODAY

MAX: 15

TUESDAY

WEDNESDAY



MAX: 12

:55

MAX: 9



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